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WHAT IS CLAIMED IS:

1. A polysaccharide for reducing viscosity of a hydrated psyllium, the polysaccharide having a molecular weight of 20,000 or greater, and a viscosity of an aqueous solution, at 2% by weight, of 9.0 cp or less (determined using a type B viscometer with Rotor No. 1, at 60 rpm and 25°C).

2. The polysaccharide of claim 1 wherein said polysaccharide is granulated.

3. The polysaccharide of claim 1 wherein said polysaccharide is selected from the group consisting of modified starch, gum arabic, arabino-galactan, partially decomposed guar gum, pullulan, dietary fiber, and mixtures thereof.

4. The polysaccharide of claim 3 wherein the modified starch comprises a starch modified by one or more treatment of oxidation, etherification, esterification, and gelatinization.

5. The polysaccharide of claim 3 wherein said modified starch is selected from the group consisting of oxidized tapioca starch, oxidized potato starch, acid-treated gelatinized potato starch, waxy cornstarch octenyl succinate, acid-treated hydroxypropyl etherified tapioca starch, and mixtures thereof.

6. A composition for addition to a food comprising psyllium and a polysaccharide of claim 1.

7. A food comprising psyllium and a polysaccharide of claim 1.

8. A liquid food comprising psyllium and a polysaccharide for reducing the viscosity of a hydrated psyllium of claim 1, wherein the polysaccharide comprises at least one modified starch selected from the group consisting of etherified starch, esterified starch, and a mixture thereof.

9. The liquid food of claim 8 wherein said modified starch is selected from the group consisting of an acid-treated hydroxypropyl etherified tapioca starch, a waxy cornstarch octenyl succinate, and a mixture thereof.

10. A method of manufacturing a liquid food comprising the steps of:

(a) preparing an aqueous solution comprising psyllium and at least one modified starch selected from the group consisting of etherified starch, esterified starch, and a mixture thereof, said modified starch having a molecular weight of 20,000 or greater, and a viscosity of an aqueous solution, at 2% by weight, of 9.0 cp or less (determined using a type B viscometer with Rotor No. 1, at 60 rpm and 25°C);

(b) packing the solution into a container, followed by sealing the container; and

(c) sterilizing the solution by heating either prior to, during, or following step (b).

11. The method of claim 10 wherein, in step (a), the psyllium is added to the aqueous solution after the modified starch is dissolved.

12. The method of claim 10 wherein said modified starch is selected from the group consisting of acid-treated hydroxypropyl etherified tapioca starch, waxy cornstarch octenyl succinate, and a mixture thereof.

13. A powdered food for preparing a liquid food comprising psyllium and a polysaccharide of claim 2.

14. The powdered food of claim 13 wherein the polysaccharide comprises 70% by weight or more of particles sufficiently large to remain on a 140 mesh sieve.